

# Out & Jump (蹦蹦跳跳) (zh)

COPPER KNOB  
BY SHEETS

Count: 0

Wand: 4

Ebene: Improver

Choreograf/in: Rep Ghazali (SCO) - 2010年06月

Musik: Jump Into My Bed - Lou Bega



前奏 : 32 count intro start on vocal 32拍後唱歌起跳

Part A: 32 COUNT A部份 : 32拍

**第一段 Right Chasse, Cross Rock-Recover, Left Chasse, Cross-¼ Turn Right**  
右追步, 交叉下沉-回復, 左追步, 交叉-右/4

1&2 step Right to Right side, step Left together, step Right to Right side  
右足右踏, 左足併踏, 右足右踏

3-4 rock Left across Right, recover on Right  
左足於右足前交叉下沉, 右足回復

5&6 step Left to Left side, step Right together, step Left to Left side  
左足左踏, 右足併踏, 左足左踏

7-8 cross Right over Left, ¼ turn Right by stepping back on Left (3)  
右足於左足前交叉踏, 右轉90度左足後踏(面向3點鐘)

**第二段 Rock Back-Recover, Triple ½ Turn, ¼ Turn-Together, Left Shuffle Fwd**  
後下沉-回復, 三步轉, 1/4-併, 前交換

1-2 rock back Right, recover on Left 右足後下沉, 左足回復

3&4 triple ½ turn Left by stepping Right-Left-Right on the spot (9)  
三步原地左轉180度-右, 左, 右

5-6 ¼ turn Left by stepping Left to Left side, step Right together (6)  
左轉90度左足左踏, 右足併踏(面向6點鐘)

7&8 step forward Left, step Right together, step forward Left  
左足前踏, 右足併踏, 左足前踏

**第三段 Right Rocking Chair, Right Shuffle Fwd, Cross-¼ Turn**  
搖椅步, 前交換, 交叉-1/4

1-2 rock forward Right, recover on Left 右足前下沉, 左足回復

3-4 rock back Right, recover on Left 右足後下沉, 左足回復

5&6 step forward Right, step Left together, step forward Right  
右足前踏, 左足併踏, 右足前踏

7-8 cross Left over Right, ¼ turn Left by stepping back on Right (3)  
左足於右足前交叉踏, 左轉90度右足後踏

**第四段 Side-Hold, And-Side Rock-Recover, Behind-Side-Cross, Side Rock-Recover** 左踏-候, 併-左下沉-回復, 後-旁-前, 右下沉-回復

1-2 step Left to Left side (or stomp Left to Left side), hold  
左足左踏(左足左重踏), 候

&3-4 step Right together, rock Left to Left side, recover on Right  
右足併踏, 左足左下沉, 右足回復

5&6 step Left behind Right, step Right to Right side, cross left over Right 左足於右足後踏, 右足右踏, 左足於右足交叉踏

7-8 rock Right to Right side, recover on Left and low flick back on Right (3) 右足右下沉, 左足回復右足略後抬

Part B: 32 COUNT (everytime start facing 9 o'clock wall and finishing facing 12 o'clock wall) B部份 : 32拍(每次都面向9點鐘起跳, 結束會在12點鐘)

**第一段 Out-Hold, Out-Hold, Right And Left Shuffle Back**  
外-候, 外-候, 右後交換, 左後交換

1-2 step out forward on Right, hold 右足右前踏, 候

3-4 step out forward on Left (shoulder apart), hold  
左足左前踏(與肩同寬), 候

- 5&6 angling your body toward Right corner step back Right, step Left together, step back Right  
(身體轉向右)右足後踏, 左足併踏, 右足後踏
- 7&8 angling your body toward Left corner step back Left, step Right together, step back Left  
(身體轉向左)左足後踏, 右足併踏, 左足後踏

**第二段 Jump Back-Hold, Jump Back-Hold, Right And Left Toe Struts  
後跳-候, 後跳-候, 右趾踵, 左趾踵**

- 1-2 with both feet together small jump back, hold  
雙腳合併後跳, 候
- 3-4 with both feet together small jump back (ending weight on Left), hold  
雙腳合併後跳(結束重心在左足), 候
- Alternative 1-4: step back Right, hold, step back Left, hold  
1-4選擇版:右足後踏, 候, 左足後踏, 候
- 5-6 touch Right toe forward, drop Right heel on the floor  
右足趾前點, 右足踵踏
- 7-8 touch Left toe forward, drop Left heel on the floor  
左足趾前點, 左足踵踏

**第三段 Repeat Count 1-8 重覆 1-8拍**

**第四段 Jump Back-Hold, Jump Back-Hold, Forward Toe Strut, ¼ Turn Toe Strut 後跳-候, 後跳-候, 趾踵, 1/4轉趾踵**

- 1-2 with both feet together small jump back, hold  
雙腳合併後跳, 候
- 3-4 with both feet together small jump back (ending weight on Left), hold 雙腳合併後跳(結束重心在左足), 候
- Alternative 1-4: step back Right, hold, step back Left, hold  
1-4選擇版:右足後踏, 候, 左足後踏, 候
- 5-6 touch Right toe forward, drop Right heel on the floor  
右足趾前點, 右足踵踏
- 7-8 ¼ turn Right by touching Left toe back, drop Left heel on the floor  
右轉90度左足趾後點, 左足踵踏
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